

NEWSLETTER

7 February 2025



SUMSUNDAY BEACH WALKS: REFRESHING FOR MIND, BODY, AND SOULMER BEACH DAYS

Every Sunday, a group from House 1 and House 2 comes together for a refreshing beach walk. We keep a steady pace for at least an hour, soaking in the fresh air and the stunning coastal views. Some of us even kick off our shoes and stroll through the shallow water—an invigorating experience that's great for both body and soul.

This tradition will continue every Sunday until bowling season starts, after which we'll switch to every second Sunday. Whether for fitness, relaxation, or simply good company, these walks are a fantastic way to start the week on the right foot!



The day programme is back at the pools. They really enjoy the soak and will stay in the water for hours if you let them. It's a great way to exercise and can also be relaxing and revitalising for everyone.



Tiffany and Warren enjoying doing their exercises with Jo.

HAERE MAI KI A MATOU KI NGA ROTO KAI IWI COME JOIN US AT THE KAI IWI LAKES

Unfortunately we had to postpone our Lakes day, it will now be 21st February, activities and times are the same just the date that has changed. Please come and join us for a day full of fun vibes and fun activities. We are looking forward to all hanging out with you if you can make it.

Whats on....

15th February - Ruakaka Surf Day

21st February - Lakes Day

22nd February - Andy, Craig and Katy's Birthday

28th February - Dom's Birthday

20th-21st March - Marae Noho

Last Wednesday of every month, 6pm

Ukulele welcome to all at the Old Post Office